**AGPA Connect 2023 Presenter Information**

**Course Code:** IV

**Course Title:** Being Bombarded - Managing Existential Concerns by Staying Connected

**Course Times:** 9:30 AM - 5:30 PM & 9:00 AM - 5:00 PM

**Course Dates:** Tuesday, March 7 & Wednesday, March 8

**Instructors:** Maryetta Andrews-Sachs

Farooq Mohyuddin

**Course Description:** Existential issues weave throughout all our work in group therapy. This institute is focused on the vital role that having choices, finding purpose, feeling connected, and confronting our losses plays in human lives. To be fully alive, we must move past our defenses, risk vulnerability, and confront “the givens of existence.” In this institute, we will combine didactic and experiential experiences to explore these issues together.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎‎‎‎Identify the strong reactions generated in the group by the exploration of current losses due to the pandemic and social unrest in the country.
2. Discuss the tasks of the life cycle of the group as members explore issues around isolation and connection.
3. Apply the didactic material to the groups they lead.
4. Analyze the impact of “existential givens” of responsibility and freedom within the group and outside the group.
5. Define “existential psychotherapy.”
6. Recognize the resistance to exploring these “existential givens” and the subtle ways that it impacts our lives.
7. State the impact of transference and countertransference on the exploration of these existential concerns.

**Significant Articles:**

1. Frankl, Victor E. (1963) Man’s Search for Meaning: An Introduction to Logotherapy, New York: Pocket Books. Yalom, I.D. (1980) Existential Psychotherapy. New York: Basic Books.
2. Wright (2015). Personal Reflections on Hugh Mullan: Existential Group Therapist, The One and the Many – Relational Approaches to Group Psychotherapy, Editors: R. Grossmark and F. Wright. Abingdon, England: Routledge.
3. Deurzen, E. van & Adams, M. (2016). Skills in Existential Counseling and Psychotherapy, 2nd Edition. London, England: Sage.
4. Yalom, I.D. (2017). Becoming Myself: A Psychiatrist’s Memoir. New York, NY: Hachette.
5. Schneider, Kirk J. (2017). The Spirituality of Awe: Challenges to the Robotic Revolution. Buffalo, NY: Waterfront Press.

**Agenda**

**Assessment Questions**